

Kitchari:

This is a key recipe for Ayurvedic nutritional healing, especially in illness or detoxing. Good for all doshas.

- 1 tbsp ghee (clarified butter) or sesame/ sunflower oil
- ½ tea spoon each of cumin seeds, fennel seeds, mustard seeds, coriander powder, turmeric,
- freshly grated ginger root
- 1 pinch salt (rock salt is good)
- 1 cup basmati rice
- 1/2 cup split mung dal (yellow)
- 3-4 cups water
- 60g diced organic carrots/celery/ seasonal vegetables
- fresh lemon juice and chopped coriander leaves to serve. (can also have condiments of toasted slivered almonds and toasted dessicated coconut)

Wash rice and dhal. Sauté mustard seeds in ghee till they pop, then add other spices, starting with the seeds and the powders. Add mung dhal and rice and sauté for 2 minutes. Add boiling water, vegetables of your choice , salt and simmer for about 20 minutes or until fully cooked and all water has evaporated.

This would be enough for 3 or 4 portions.